

Beckett's Farm









STARTERS

Frittata with Sun-Dried Tomatoes



Method

-  8 sun-dried tomatoes
-  4 tbsp rapeseed oil
-  1 small onion, finely chopped
-  6 eggs
-  50gm freshly grated parmesan
-  Salt and pepper

1. Place tomatoes in a bowl and pour over enough hot water over to cover, leave in soak for 15 minutes then remove from water and pat dry with kitchen paper. Reserve the water and cut tomatoes into strips
2. Heat oil in a large non-stick frying pan, stir in the onion and cook for 5-6 minutes or until soft and golden. Stir in the sun-dried tomatoes and cook over a medium heat for 2-3 minutes. Season with salt and pepper
3. Break eggs into a bowl and beat lightly. Stir in 3 tbsp of the tomato water and the parmesan. Add the eggs to the frying pan and mix ingredients together. When mixed lower the heat and cook for 4-5 minutes or until the base is golden and the top puffed
4. Carefully flip the frittata over and cook for a further 3-4 minutes on the other side. Once cooked remove from pan and cut into even portions